

Full Report (All Nutrients) 01226, Egg substitute, liquid or frozen, fat free

Report Date: July 11, 2017 15:05 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 8.84 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 60g	1 cup 240g
Proximates						
Water	g	87.00	--	--	52.20	208.80
Energy	kcal	48	--	--	29	115
Energy	kJ	201	--	--	121	482
Protein	g	10.00	--	--	6.00	24.00
Total lipid (fat)	g	0.00	--	--	0.00	0.00
Ash	g	1.30	1	--	0.78	3.12
Carbohydrate, by difference	g	2.00	--	--	1.20	4.80
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	2.00	--	--	1.20	4.80
Minerals						
Calcium, Ca	mg	73	2	--	44	175
Iron, Fe	mg	1.98	2	--	1.19	4.75
Magnesium, Mg	mg	15	--	--	9	36
Phosphorus, P	mg	72	1	--	43	173
Potassium, K	mg	213	1	--	128	511
Sodium, Na	mg	199	2	--	119	478
Zinc, Zn	mg	0.98	1	--	0.59	2.35
Copper, Cu	mg	0.022	--	--	0.013	0.053
Manganese, Mn	mg	0.006	--	--	0.004	0.014
Selenium, Se	µg	41.3	--	--	24.8	99.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.5	--	--	0.3	1.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 60g	1 cup 240g
Thiamin	mg	0.120	2	--	0.072	0.288
Riboflavin	mg	0.386	2	--	0.232	0.926
Niacin	mg	0.140	--	--	0.084	0.336
Pantothenic acid	mg	1.660	1	--	0.996	3.984
Vitamin B-6	mg	0.133	1	--	0.080	0.319
Folate, total	µg	16	--	--	10	38
Folic acid	µg	0	--	--	0	0
Folate, food	µg	16	--	--	10	38
Folate, DFE	µg	16	--	--	10	38
Choline, total	mg	2.5	--	--	1.5	6.0
Vitamin B-12	µg	0.34	--	--	0.20	0.82
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	11	--	--	7	26
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	135	--	--	81	324
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	225	--	--	135	540
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	1.59	--	--	0.95	3.82
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	1.6	--	--	1.0	3.8
Vitamin D3 (cholecalciferol)	µg	1.6	--	--	1.0	3.8
Vitamin D	IU	66	--	--	40	158
Vitamin K (phylloquinone)	µg	0.2	--	--	0.1	0.5
Lipids						
Fatty acids, total saturated	g	0.000	--	--	0.000	0.000
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 60g	1 cup 240g
14:0	g	0.000	1	--	0.000	0.000
16:0	g	0.000	1	--	0.000	0.000
18:0	g	0.000	1	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.000	1	--	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000	0.000
18:2 undifferentiated	g	0.000	1	--	0.000	0.000
18:3 undifferentiated	g	0.000	1	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	95	--	--	57	228
Amino Acids						
Tryptophan	g	0.164	--	--	0.098	0.394
Threonine	g	0.484	--	--	0.290	1.162
Isoleucine	g	0.660	--	--	0.396	1.584
Leucine	g	0.972	--	--	0.583	2.333
Lysine	g	0.713	--	--	0.428	1.711
Methionine	g	0.387	--	--	0.232	0.929
Cystine	g	0.229	--	--	0.137	0.550
Phenylalanine	g	0.645	--	--	0.387	1.548
Tyrosine	g	0.456	--	--	0.274	1.094
Valine	g	0.792	--	--	0.475	1.901
Arginine	g	0.577	--	--	0.346	1.385
Histidine	g	0.257	--	--	0.154	0.617
Alanine	g	0.624	--	--	0.374	1.498
Aspartic acid	g	0.928	--	--	0.557	2.227

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 60g	1 cup 240g
Glutamic acid	g	1.690	--	--	1.014	4.056
Glycine	g	0.365	--	--	0.219	0.876
Proline	g	0.558	--	--	0.335	1.339
Serine	g	0.751	--	--	0.451	1.802
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0